



# Living a Healthy Life With Chronic Conditions

## About Living a Healthy Life with Chronic Conditions

- Living a Healthy Life is provided in 2 1/2 hour, once a week workshops over a 6-week period.
- Workshops are provided in familiar community settings, such as senior centers, churches, libraries, and hospitals.
- Participants find the support and encouragement needed to better cope with challenges, such as, frustration, fatigue, pain, and isolation.
- Topics include nutrition, medication use and treatments, and how to communicate with family, friends, and health professionals
- Provided state-wide by 16 regional Area Agencies on Aging (AAA) locations, several Indiana Minority Health Coalitions, and other organizations.

- Almost half of all Americans live with Chronic Conditions
- Older adults are more likely to have multiple chronic conditions
- 96% of all Medicare spending is on behalf of people with multiple chronic conditions
- Top concerns Americans report about having a chronic condition are: inability to pay for care, losing independence, and being a burden to family and friends

(Chronic Conditions: Making the Case for Ongoing Care; 2004)

## Study Results of A Chronic Disease Self-Management Program *Living a Healthy Life with Chronic Conditions*

Stanford University developed this program to help people learn ways to cope and manage their physical and emotional health, as well as, improve their quality of life.

Evaluation of the program has noted participants have gained significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations. These data yield a cost to savings ratio of approximately 1:4. Many of these results persist for as long as three years.



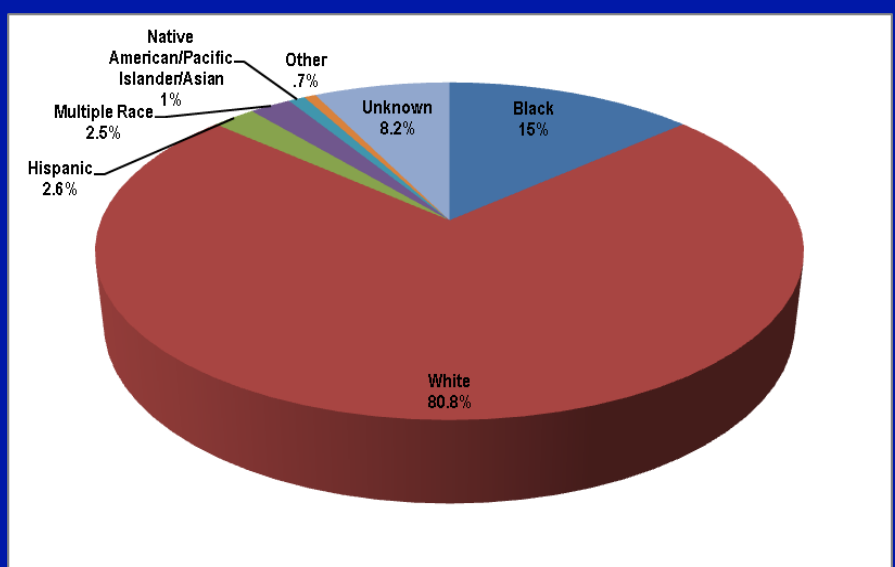
### Living a Healthy Life Demographics

*Based on AAA initial workshop survey data and compiled by FSSA.*

- Most (82.6%) participants were female.
- Ages ranged from under 60 to over 90.
- Participants were almost equally divided living alone or with someone.

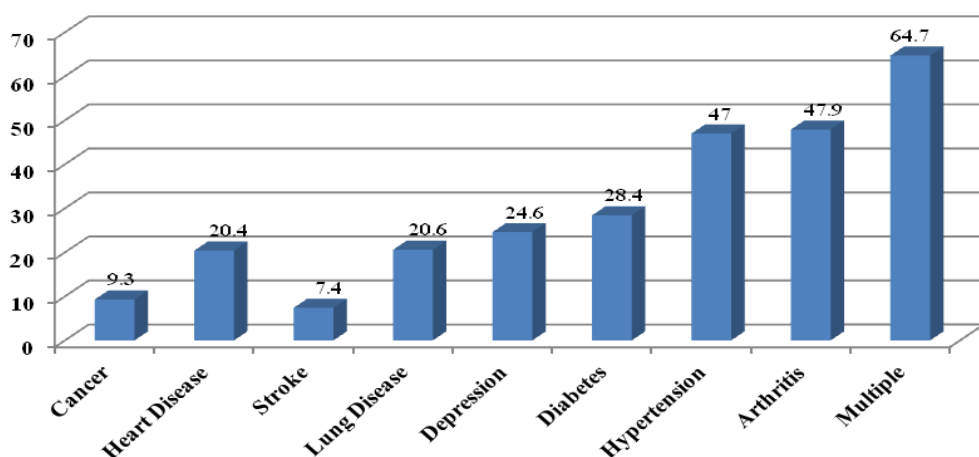


### Living a Healthy Life Participants by Race





## Living a Healthy Life Chronic Conditions Reported by Participants



A large majority of Indiana's 6.3 million persons are affected by one or more chronic diseases. In 2007, 57% of all Hoosier deaths were attributed to heart disease, stroke, cancer, and diabetes.

- 64.7% of all participants have multiple chronic conditions
- The most common chronic health conditions reported by participants were:
  - ◊ Arthritis (47.9%)
  - ◊ Hypertension (47.0%)
  - ◊ Diabetes (28.4%)
  - ◊ Depression (24.6%)

### Living a Healthy Life with Chronic Conditions an evidence-based program

Evidence-based programs are programs proven to work. In order for Living a Healthy Life to be considered "evidence-based", Stanford completed an extensive evaluation of the program using control/comparison groups with documented and published outcomes of the program.

This documentation reveals the program has been effective across chronic diseases and socioeconomic and educational levels to enable participants to manage progressive, debilitating illnesses. It has been shown that these important health benefits persist over time.

#### Summary findings:

- Program results in significant, measurable improvements in patient outcomes and quality of life.
- Program saves enough through reductions in healthcare expenditures to pay for itself within the first year.

#### ◆ Participant Testimonials ◆

*"I've created a habit of making action plans because of this class. It really feels good when you accomplish the goals you have set for yourself. I feel great ..."* (Minority Health Coalition of Madison County participant)

*"This class made me more aware of my needs emotionally, physically, spiritually as well as the needs of others."* (NWICA & LCMHC; Gary, Indiana participant)

*"I have enjoyed participating in this program. It has helped me to accomplish some goals of improvement in my daily exercise. I have enjoyed the fellowship with other attendees."* (NWICA & LCMHC; Gary, Indiana participant)

*"The program really helped me to be open about my condition. This really helped to relieve feelings of shame and guilt. Thank you."* (Porter County Public Library Low Vision Group; Valparaiso, Indiana participant)

*"I felt the program was very beneficial—good ideas & sharing. Facilitators were very instructive & enthusiastic—and patient."* (NWICA; Gary, Indiana participant)

*"Most informative & helpful. I now have the coping skills to change my life. I have shared the action plan with my friend in California. She loves it."* (Golden Manor Sr. Apartments, LCMHC, NWICA; Hammond, Indiana participant)



Living a Healthy Life  
With Chronic Conditions

Learn more about the [Living a Healthy Life with Chronic Conditions](#) program.

Contact your local [Area Agency on Aging](#) toll-free **1-800-986-3505**.

Contact numbers and locations of [Minority Organizations](#).

For more information on the [Division of Chronic Diseases Prevention and Control](#).



INDIANA FAMILY &  
SOCIAL SERVICES  
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Indiana State  
Department of Health